

Hawai'i Physical Activity and Nutrition Newsletter

August 2016

Biannual Issue -- Volume 7, Number 2

In This Issue

- News from Hawai'i PAN Partners
- Highlighted Hawai'i Programs
- Highlighted National Programs
- Featured Resources and Research
- Conferences, Trainings, and Professional Development

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News from Hawai'i PAN Partners

Hawai'i Farm-to-School in the News

Hawai'i is making great strides in bringing farm fresh produce to schools!

Farm-to-School Kohala pilot in the news:

<http://westhawaii.com/north-hawaii-news/nhn-news/new-farm-school-initiative-taking-root-kohala>

Hawai'i Department of Agriculture's Farm-to-School Coordinator, Robyn Pfahl is interviewed on the larger initiative on HPR's *The Conversation*:

<http://hpr2.org/post/conversation-thursday-july-7th-2016>

Please also see the featured article on Farm-to-School in the *Hawai'i Highlighted Programs, Projects, and Initiatives* section, on pages 8-9 of this newsletter.



Photos courtesy The Kohala Center, used with permission.

The Kū 'Āina Pā Learning Garden Curriculum Mapping Project

Kū 'Āina Pā is a school garden teacher training and certification program for Hawai'i's school learning garden and classroom educators. Since 2012 we've worked with three cohorts comprised of 80 teachers from Hawai'i Island, Maui, Moloka'i, Lāna'i, and O'ahu.

In June 2016, a new professional development course was introduced for Hawai'i Island's K-8 teachers. *Learning to Navigate the Hawai'i School Garden Curriculum Map and Create a Standards-Based Garden Program for Your Classroom* is designed to introduce educators to the Hawai'i School Garden Curriculum Map (HSGCM). The Map will support K-8 elementary- and middle-school classroom teachers and school-garden educators in obtaining the knowledge and skills needed to develop integrated lesson plans and assessment tools that will implement Common Core, NGSS, Hawai'i Health Standards and STEM learning opportunities into school garden activities with classroom extensions. For more information, please contact Donna Mitts at dmitts@kohalacenter.org.



Food Day October 24, 2016



Food Day takes place every year on October 24th and is a nationwide celebration of healthy, affordable, and sustainably produced food and a grassroots campaign for better food policies.

If your organization would like help planning a Food Day event, you may get in touch with the Center for Science in the Public Interest at (202) 332-9110 or nutritionpolicy@cspinet.org. As the date approaches, check this page to find events in your area: www.foodday.org/events

Army Dietitian Helps Big Island Community

"Her enthusiastic explanation of cells swelling with weight gain captivates the crowd... Tropic Care 2016 is a joint services readiness training program led by the Army Reserve and the Hawai'i Health Department, assisting local efforts in providing quality health care to underserved rural communities..."

Read more here:

www.defense.gov/News-Article-View/Article/801446/face-of-defense-dietitian-aids-hawaiians-in-underserved-rural-areas



The Art of Preserving: Learning to Safely and Nutritiously Preserve Our Islands' Agricultural Products

The College of Continuing Education and Community Service (CCECS) has developed and established the Hawai'i Master Food Preserver (**MFP Certificate program**). The MFP program has been serving small businesses, farmers, workers, and those who are interested in learning for the purpose of

developing a business in Hawai'i. The program teaches participants to develop and safely preserve value-added products that utilize undersold and underutilized agricultural produce.

The MFP certificate program consists of 48 hours of hands-on education, instruction and discussion. Classes are **held in a certified kitchen** and have been held in East and West Hawai'i, and Kaua'i

with plans for expanding to O'ahu. Course topics include prevention of foodborne illness, food storage and safety, canning basics, canning acid foods, canning low-acid foods, pickled and fermented foods, preserving fruit spreads, freezing foods, drying food products, nutritional considerations, and using a pressure canner. **For more information about the MFP certificate program**, contact CCECS program coordinator Luisa F. Castro at luisac@hawaii.edu or 974-7826.



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HILO



Submitted by Luisa F. Castro, Program Coordinator at the University of Hawai'i at Hilo's College of Continuing Education and Community Service



Hawai'i Highlighted Programs, Projects, and Initiatives

Community

Waimānalo Market Co-op: Working to Enhance Our Community With Local Food



Waimānalo Market Co-op is coming up on year three as one of only two co-ops on O'ahu, and we are going strong! We provide a venue that enhances community health while creating access to local foods in a unique environment. Diverse people develop and share experiences about growing food, nutrition and food preparation.

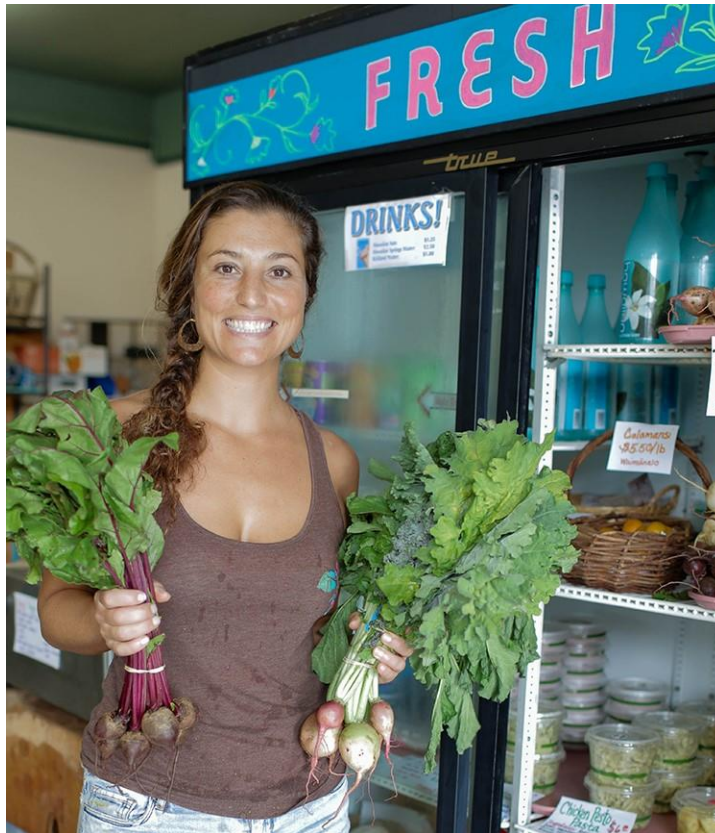
We work with local food producers and agricultural entrepreneurs. Our market encourages buyers to purchase local food which provides income to farmers and their families as we work to reduce reliance on food imports to Hawai'i.

We have 82 local farmers, growers and value added producers and we accept backyard and small farmers' produce as well. Members and non-members are invited to shop at the market.

This year marks our first year providing "grab-n-go" food served by our own in-house food vendors prepared in our commercial kitchen. Hale I'a and Nina Cucina use food from our co-op for their tasty food creations.

Hale I'a (Lance and Lucie) provides local style food with a healthy twist. Selections include coconut marinated ahi belly, miso sake ahi belly, tofu poke salad, poke bowl, kimchee, poke hoagie and homemade antioxidant drinks. Lance and Lucie are always creating new and exciting dishes that never disappoint!





Nina Cucina (Nina Pullella)* blends health and deep flavor into her dishes by incorporating fresh vegetables, herbs and spices. Nina's selections include healthy soups, veggie wraps, taro hummus, fresh quinoa salad and amazing pesto dishes using her family recipe! She cooks from her heart, her soul and her heritage.

** Nina is passionate about being a part of the food sovereignty movement here in Hawai'i. Her goal is to provide "healthy, fast food" while being a part of the circle that brings farmers and community together, which help create more of a demand for our local farmers.*

Co-op hours are Tuesday through Saturday 9 am - 6 pm, and Sunday from 9 am - 4 pm.
41-1029 Kalaniana'ole Hwy, Waimānalo
808-690-7607

Check out this "gem" next time you are in Waimānalo!

HIKI NO KAKOU
TOGETHER WE CAN!

Schools

‘ĀINA In Schools Volunteer Opportunities for Physical Activity and Nutrition Professionals and their Networks!

‘ĀINA In Schools is a farm to school program of the Kōkua Hawai'i Foundation founded in 2006 that connects children to their land, waters and food to grow a healthier Hawai'i. The program partners with 16 O'ahu elementary schools and is growing!

We are building our base of community volunteers for the 2016-17 school year. If you enjoy educating the next generation about



nutrition, how to make healthy food choices, composting, growing gardens, and cooking your own food, become an 'ĀINA In Schools volunteer now!



There are many ways Physical Activity and Nutrition Professionals can support this program at a local school in your community. 'ĀINA In Schools volunteer opportunities include:

- **'ĀINA In Schools Nutrition/Garden/Compost Docents:**
'ĀINA In Schools docents lead monthly hands-on, standards-based garden lessons for grades K, 1, 4, and 5, compost lessons for grade 3, and nutrition lessons for grades 2 and 6 at our 'ĀINA partner schools. No experience is necessary, training is provided, and times are flexible! Check out our ['ĀINA In Schools curricula and resources](#).
- **'ĀINA In Schools Garden Parties:**
Bring your friends and family to an 'ĀINA In Schools Garden Party held 3 times a year to prepare the school garden for planting. 'ĀINA In Schools Garden Parties occur in August, early September, January, and May.
- **'ĀINA In Schools Garden Clubs:**
Do you have a green thumb and enjoy spending time in the garden? Then assist at a school's 'ĀINA Garden Club. Weekly 'ĀINA Garden Club activities include garden care, planting, harvesting, cooking and art.
- **'ĀINA In Schools Chef Visits:**
Are you a chef or know one? Through our 'ĀINA In Schools Chef Visits we partner with local chefs to cook up garden fresh, locally sourced recipes with students during October National Farm to School Month and April Earth Month.



Take a look at what our dedicated volunteers are saying about their experience:

"I loved learning more about gardening and nutrition and having the opportunity to share it with the kids!" Parent Garden Docent, Wai'ālae Public Charter School

"Alex mentioned many times that he really enjoyed his practicum with the 'ĀINA In Schools program. It provided a great combination of working with gardening, nutrition, and sustainability, and with students and teachers..Alex's experience with the 'ĀINA In Schools program has definitely helped to solidify his future career goals..." Professor Anne C. Shovic, Ph.D, R.D. UH, CTAHR

"I think the most important lesson the children have walked away with is knowing that no matter where they live, they have the ability to grow their own food. I think that is real empowerment." Parent Garden Docent, Lanikai School

"Working with the 'ĀINA In Schools team and the students was fabulous! I appreciated the tight organization of 'ĀINA In Schools - having the training, props, checklists, and lesson plans made volunteering so much easier than I expected. I also appreciated how the students were so much more willing to try new foods with these lessons." Community Volunteer, Kahala Elementary

"Many kids stayed in for recess to ask more questions (and eat more of the food we prepared). Several students told me that this was the first time they 'liked vegetables'." 'ĀINA Chef, Kimi Werner

If interested in any of the above volunteer opportunities, contact the Kōkua Hawai'i Foundation's [Volunteer Coordinator](#). And please pass this opportunity on to any one you think would be interested. The 'ĀINA In Schools program depends on community support!

Check out the Kōkua Hawai'i Foundation website for more information about programs, events and resources: www.kokuahawaiifoundation.org

Hawai'i's Farm-to-School Program Makes Great Strides in First Six Months

By now, you've probably heard the buzz: farm-to-school programs are helping communities around the country grow everything from healthier kids to stronger local economies. And a growing body of research supports these claims.

Last November, Hawai'i joined the ranks of eleven other states by hiring the state's first farm-to-school coordinator. Since then, Robyn Pfahl, who was hired to fill the position, has been working nonstop to connect farmers with schools using the power of policy, procurement strategies, market analysis, and collaboration.

Although the new farm-to-school program is housed within the Hawai'i Department of Agriculture, moving forward requires working regularly with the Department of Education—as well as a number of other government agencies, community groups and farming associations—to connect the dots. The program is truly a collaborative effort between multiple sectors.



Photo courtesy The Kohala Center, used with permission.

Just last month, the collaboration resulted in an innovative new mechanism for procuring fresh, local fruits and vegetables for a school snack program known as the Fresh Fruit and Vegetable Program (FFVP).

The FFVP—a federal program that reimburses elementary schools for providing fresh produce as snacks—is not new, but this is the first time that producers will have the opportunity to bid at the island level – a vastly smaller scale which is more attainable to small-scale distributors, farmers and other producers.

This is just the first step. The FFVP program will serve as a vehicle to build up the supply chain, so that eventually Hawai'i schools can procure fresh, locally-grown produce, milk, and meat for schools participating in the National School Lunch Program.

The initiative, spearheaded by Lieutenant Governor Shan Tsutsui, is also working on launching a pilot project on Hawai'i Island that will test out cooking scratch meals from local produce, and connecting the meals back to what kids are learning in the classroom and garden.

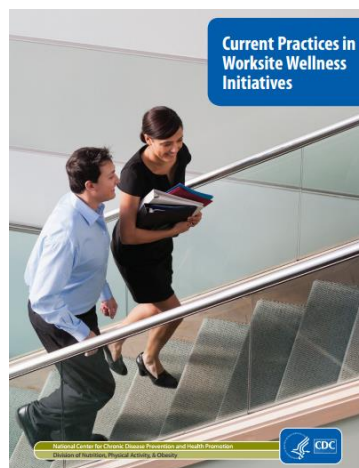
Beyond school meals, Hawai'i's farm-to-school initiative seeks to build support for school gardens and garden education in the classroom. As part of this function, the program provides new capacity for groups working to install school gardens and garden education programs.

One of these groups, the **Hawai'i Farm-to-School and School Garden Hui**, is a statewide coalition that is largely behind the passage of Hawai'i Act 218, which created Pfahl's position.

"[These programs] are changing kids' relationship to food," Pfahl says, "by giving them a hands-on learning experience that connects their food choices to their health, while integrating the more traditional educational subjects." And that, she says, "will have cascading effects on our health, on our economic future and our overall community well-being."

Worksite

Hawai'i Worksite Wellness Project Featured in CDC Publication



This document highlights efforts by six state health departments to create healthier community environments through worksite wellness initiatives. See what Hawai'i and other states are doing to improve worksite wellness!

<http://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/current-practices-worksite-wellness.pdf>



National Highlighted Programs, Projects, and Initiatives

2018 Physical Activity Guidelines



The process for developing the second edition of the Physical Activity Guidelines is officially underway. You can [submit a comment](#) to Advisory Committee members at any time during their 2-year term. More info: <https://health.gov/paguidelines/>

National Breastfeeding Month and World Breastfeeding Week- August 2016

World Breastfeeding Week takes place August 1-7 every year, and August is also National Breastfeeding Month in the US!

2016 Theme - Breastfeeding: A key to Sustainable Development



Breaking news! The Hawai'i WIC Program will be celebrating this week/month by bringing a screening of the film, [Milk: Born Into This World](#) to locations throughout the state. Check with Hawai'i WIC at (808) 586-8175 or your local WIC Agency for more details. <http://health.hawaii.gov/wic/clinic->

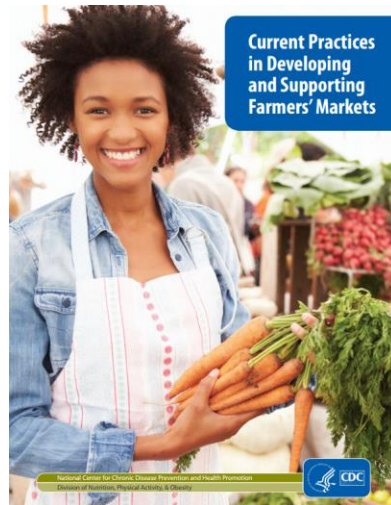
Get involved!

<http://www.usbreastfeeding.org/NBM>
<https://www.facebook.com/WABA.WBW/>
<https://twitter.com/WABAsecretariat>
https://www.instagram.com/wbw_goals/

Current Practices in Developing and Supporting Farmers Markets

Five states working to increase access to healthy foods through farmers markets by using strategies such as improving acceptance of federal nutrition assistance program benefits in underserved areas.

<http://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/current-practices-farmers-markets.pdf>



Current Practices in Healthy Food Retail: Small Stores

Five states working to increase the availability of healthy foods and beverages in small stores by using strategies such as improving retail practices for healthy foods or working with small store owners to improve the quality and variety of foods they stock.

<http://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/current-practices-healthy-retail.pdf>

National Farmers Market Week is August 7-13, 2016

<https://farmersmarketcoalition.org/programs/national-farmers-market-week/>

We need your help in sharing this message with the farmers market community and market managers in your state. Below is a message from USDA to help encourage market managers to add or update their listing. Please send the message below to the farmers markets operating in your state.



Get ready, get listed! National Farmers Market week is coming and you want people to find your market! USDA's Local Food Directories can help you promote your farmers market. This tool will allow shoppers to quickly identify you as a supplier of the local food. It takes less than 10 minutes to add or update your listing.

It's easier than ever to register! If this is your first time listing your market in the Directory, go to www.usdadirectoryupdate.com to add your market. In less than 10 minutes you're done. That's all it takes.

Join for Free!

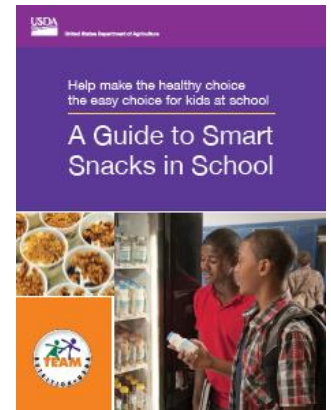
The board of the **National Physical Activity Society** is offering Free Membership through the end of the year!



More information at: <http://physicalactivitysociety.org/membership-level/become-a-member/>

A Guide to Smart Snacks in School

Help make the healthy choice the easy choice for kids at school. This colorful booklet provides an overview of Smart Snacks Standards and how to tell if a food/beverage meets the requirements. This is a ready-to-go resource for anyone that oversees the sale of foods/beverages to students on the school campus during the school day. Download a copy here: <http://www.fns.usda.gov/tn/guide-smart-snacks-schools>



Featured Resources and Research

Hawai'i

- Research

Hawai'i Journal of Medicine & Public Health



Please enjoy your complimentary copy of the Hawai'i Journal of Medicine & Public Health, a joint effort between the Hawai'i Department of Health and the University Clinical Education & Research Associates at the John A. Burns School of Medicine (JABSOM) www.hjmp.org.

National

- Resources

Healthy Retail Launch Resources

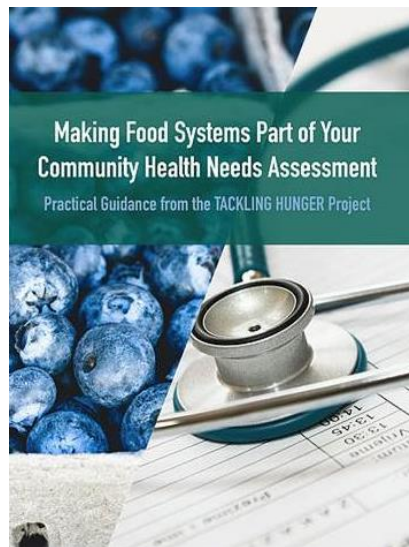
The retail environment has a significant impact on community health. In many places, people lack access to fruits and vegetables, but can find tobacco, non-nutritious foods and beverages, and alcohol all too easily. Perhaps not surprisingly, tobacco use, poor nutrition, and excessive alcohol use are among the leading causes of chronic and deadly disease.

Changing the retail environment can change health outcomes. Stores that make the healthy choice the easy choice—by reducing tobacco marketing, stocking nutritious items, and not selling alcohol near schools, for instance—can actually improve health.

Public health practitioners in tobacco control, nutrition, and excessive alcohol use prevention are already working with stores, but most are not working with each other. These agencies can use [Healthy Retail: A Set of Tools for Policy and Partnership](#) to develop a comprehensive approach to improving the retail environment. These innovative resources—a series of conversation starters, a playbook, and a collaboration workbook—can help government agencies collaborate to create a retail environment where it's easier to make healthy choices than unhealthy ones. The materials are part of a new online [library](#), which brings together different strategies, policies, and resources for reaching a variety of healthy retail goals.

Making Food Systems Part of Your Community Health Needs Assessment (CHNA)

The newly released guidance was developed as a practical guide for hospitals to address food systems and food insecurity through CHNAs.



Available at: <http://www.phihungernet.org/#!chna-guidance/ohfjj>.

- Research

Childhood Obesity Prevention Measures and Surveillance System Datasets



The National Collaborative on Childhood Obesity Research (NCCOR) provides tools for researchers, public health professionals, and others interested in childhood obesity prevention.

The Measures Registry is a searchable database of diet and physical activity measures relevant to childhood obesity research.

<http://nccor.org/nccor-tools/measures/index>

The Catalogue of Surveillance Systems provides one-stop access to over 100 publicly available datasets relevant to childhood obesity research.

<http://www.nccor.org/nccor-tools/catalogue/index>



Grants and Awards

Hawai'i Community Foundation Calendar

As one of the oldest community foundations in the country, HCF manages a repository of more than 600 charitable funds that have been set up by generous individuals, families, and businesses across the state to benefit the people of Hawai'i. View a list of grantmaking programs and their application deadlines at: <http://www.hawaiicommunityfoundation.org>



Conferences, Trainings, and Professional Development

Hawai'i

2016 Hawai'i Public Health Conference

October 12-14, 2016

Health is Everyone's Kuleana: Building Momentum through Community Action

Honolulu, Aloha Tower Marketplace

<http://www.hphconference.org>



2016
Hawai'i Public
Health Conference

Webinar

Roundtable on Obesity Solutions: Driving Action and Progress on Obesity Prevention and Treatment (FREE)

September 27, 2016 (9:00 am – 4:00 pm East Coast)

3:00 am – 10:00 am Hawai'i Standard Time

<https://www.eventbrite.com/e/driving-action-and-progress-on-obesity-prevention-and-treatment-registration-26334890366>

National

Pro Walk Pro Bike Pro Place

September 12-15, 2016

Sheraton Wall Centre in Vancouver, BC

<http://www.pps.org/blog/announcing-2016-pro-walkpro-bikepro-place-conference-vancouver/>

ASTHO 2015 Annual Meeting and Policy Summit

September 20-22, 2016

Minneapolis, MN

<http://www.astho.org/t/event.aspx?eventid=11318>

National Recreation and Park Association Congress and Exposition

October 5-8, 2016

St Louis, MO

<http://parks.nrpa.org/conference2016>

The Food and Nutrition Conference and Expo

October 15-18, 2016

Boston, MA

<http://www.eatrightfnce.org/FNCE/>

APHA Annual Meeting and Exposition

October 29-Nov 2, 2016

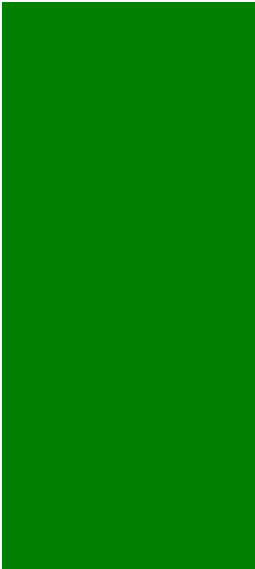
Denver, CO

<http://www.apha.org/events-and-meetings/annual>

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